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Q&A

**What issues should
SGA candidates be
concerned with?**

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THURSDAY

April 6, 2000

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The Student Newspaper of The University of Texas-Pan American

NEWS

■ The murder rate in New York City rose 12.4 percent in the first three months of the year after plunging recently to levels not seen since the 1960s.

The drop in overall violent crime, including murders, rapes, robberies, burglaries, and assaults, mirrors a dramatic drop in violent crime since 1990, when murders were at an all-time high of 2,290.

Criminal experts have attributed that decrease to the aging of baby boomers, a keener sense of community, pride in good citizenship and the decreasing use of crack cocaine.

FEATURES



■ Singer Mariah Carey is in "fair" condition in a Boston hospital after being admitted for complications from dehydration and food poisoning, a hospital representative says.

The Grammy-winning songstress became ill after eating raw oysters in Atlanta over the weekend and checked into Massachusetts General Hospital Monday night, where she is being treated with intravenous fluids and is expected to remain for several days.

Carey, the biggest-selling female artist of the 1990s, is touring in for her ninth album, *Rainbow*.

Forget UNDERWATER Basket Weaving

**How to
challenge
yourself in
college
without
going over
the deep end**

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April 6

2000



1201 West University, CAS 170 Edinburg, Texas 78539
(956) 381-2541 Fax: (956) 316-7122
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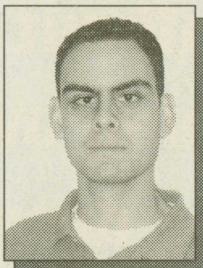
Editor
Ryan R. Henry
rhenry@panam.edu



Managing Editor
Rachel A. Carpenter
racarpenter@panam.edu



News Editor
Tony Salazar
tsalazar@panam.edu



Sports Editor
Isaac Chavarria
ichavarria@panam.edu



Photo Editor
Nelson J. Gonzalez

Staff Photographers

Matt McCain

Staff Writers

Eladio Jalmez

Mike Liscano

Leslie Love

Daniel García Ordaz

Yvette Solis

Melissa Soto

Scanner

Stan Hernández

Circulation

Joe Caldwell
Jesus Gonzalez

Faculty Adviser

Arturo Longoria

Advertising
Coordinator

Juanita Sanchez

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Letters policy

Letters to the editor must include your name, address, and phone number. They will be printed on a space available basis.

Opinion

letters ■ editorials

Editorial excerpts

A condensed look at views expressed on various topics across the nation

Labeling crimes doesn't lessen their impact on victims

Crimes happen everyday on campus. In fact, police at Northern Arizona University are still looking for a suspect accused of entering a female student's dorm room last week and trying to sexually assault her while she slept.

The student called police and gave them a detailed description. Providing

those pertinent details – the ones that can get lost in the heat of an emotional and frightening moment – is often a big key to solving any case.

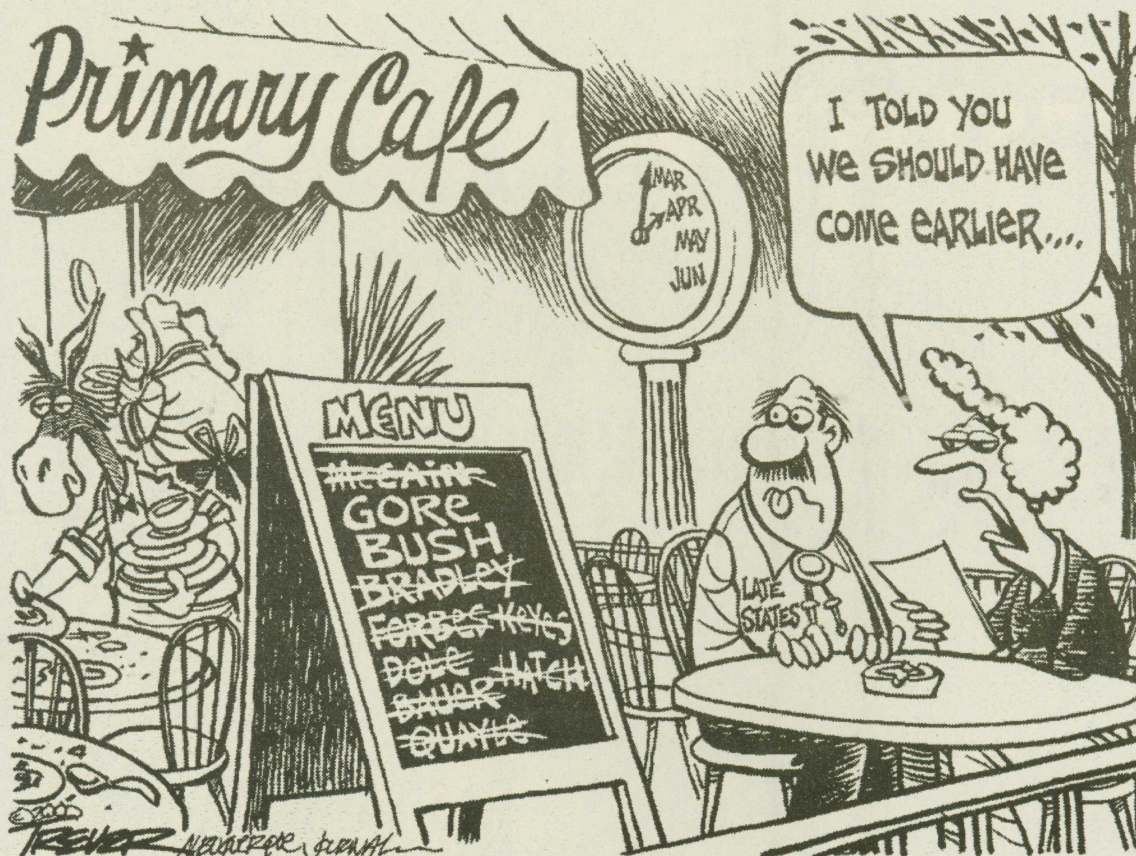
Signs that a crime has been committed aren't just physical. They are mental, too. And for that reason, we should think twice about the way in which we evaluate the seriousness of a crime. Take it from me – I was victimized just last week when someone broke into my room while

my roommate and I slept. It was surprising to even me how violated I felt.

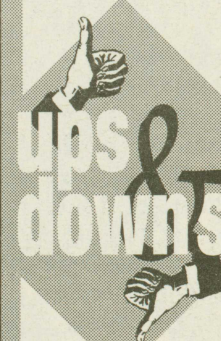
The police called it "petty theft," but I can assure you that it wasn't petty to me.

I understand that we have to come up with labels for crime – but we should take care not to dismiss them lightly because of the names we give them.

– **Robby Messer**,
Northern Arizona University



- Thumbs up to cheap pizza.
- Thumbs up to winning scratch-off Lotto tickets.



- Thumbs down to sore feet.
- Thumbs down to slow Internet connections

The Pan American View

Love is a matter of the body and soul

Rachel A. Carpenter
The Pan American

Many religious and moral leaders stress that people should save their bodies in abstinence until they marry. While I personally agree with this concept, I believe that if we taught more about saving your heart for your spouse there might be a better response and understanding.

There is currently more than a 50 percent chance that marriage will end in divorce. This rate is also high among those who regard themselves religious, creating an assumption that sexual abstinence is not the only key to a strong marriage.

The marrying age has increased while the dating age has decreased, so that young people have so many serious relationships before they commit to one person that their ability to love and be love is often tarnished. As the old adage goes, "you'll never love anyone like you loved your first love."

The first time we fall in love, we love without inhibitions. We give everything. We're obvious, and we're not afraid of

getting hurt. The second time, we're a little more hesitant and every subsequent time, we begin to suspect the present relationship of the problems of those that came before.

Each time, if we're not careful, we lose a piece of our ability to love and receive love. By the time we come to the marriage relationship, we have learned to be suspicious of much and trusting of little; we have lost our ability to love like we first loved, and if we found someone we married because they treated us right, they have to suffer for all those who treated us wrong.

So, what can be done? My advice is "don't wear your heart on your shirt sleeve." Don't be so quick to give away your soul trusting just anyone who is, in some way, kind to you. The only sure way to know whether you can trust someone is by making them pass the test – the test of time.

Friendship, these days, is highly underestimated. The worst thing a girl can say to an interested guy is "lets be friends". If people knew how valuable that really is ...

Friendship is not only fulfilling, it is a

safeguard for our hearts. Friendship allows the ability to know a person beyond surface politics. Learning to be friends before becoming involved in a dating relationship also offers an opportunity to learn how to work things out before the emotionally sensitive stages of dating.

Guys (I'm not referring only to men), there are some things more fulfilling than sex, and there are reasons other than religious why you should avoid it until you have committed to a life-long mate.

Besides all the health risks, sex is the most intimate interaction two people can have. You make yourself completely vulnerable and exposed to another person.

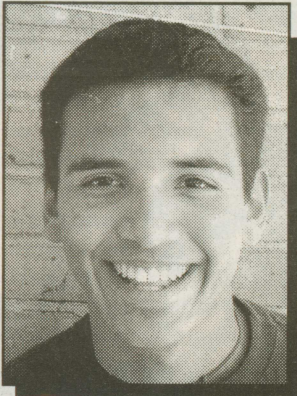
It is very painful, and emotionally straining to end a relationship once sex is involved. The risk of being hurt is quadrupled, and recovery is much slower at least for one partner. We are also usually unprepared for the results of sexual activity whether pregnancy, emotional stress, or disease.

Save yourself – body, heart and soul for the one who deserves to know you best.

Q&A

What student issues should SGA candidates be involved with?

— Nelson J. Gonzalez



Aron Cacaes
Freshman
Broadcasting

Try to do something about professors dropping students for not attending classes. Most students have personal reasons for not attending class. Students are paying for that class.

Nina Oliveri
Sophomore
Undecided

Sexual harassment by both sexes on campus. Guys and girls lay it on so thick, that some students feel uncomfortable. They need to know where the boundaries are between flirting and harassment.



David Canales
Senior
Biology

Why can't we have ATM machines on campus like other universities do? Students have to leave campus and either lose their parking space or take a risk crossing 107.



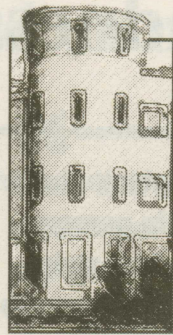
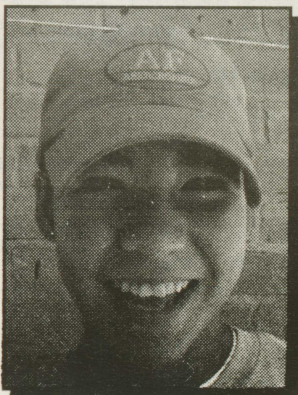
Amy Montesdeoca
Sophomore
C.I.S

I think they should think about implementing a shuttle system around campus. It should go around the university and include the new apartment complex.



Rachel Drury
Sophomore
Undecided

On a much larger scale, candidates should address increasing of financial aid and school scholarships to students; and on a smaller scale have two-ply toilet paper instead of one in the school restrooms.



Campus

news briefs

UTPA honors long-time employees

Yvette Solis
The Pan American

UTPA held its 12th annual Staff Employee Awards Ceremony yesterday in the University Theatre.

UTPA honored employees from all departments who have worked for the university for a period of five, ten and fifteen years. They were presented with 'years of

service awards.'

The ceremony also presented awards for retirees, meritorious service awards, distinguished service and the President's Excellence Award.

"The annual staff awards are great because it helps the employees' morale in knowing their hard work is appreciated," said Debi Garcia, employee of UTPA's office of the comptroller.

This year the staff awards gave a special presentation to employees who had done an exceptional job. The Asbestos Abatement Team received an honorable mention for their work dealing with the asbestos problem in the student dorms.

A reception for UTPA employees followed the end of the award ceremony where refreshments were served.

Student Health Fair educates students

Yvette Solis
The Pan American

The Student Health Services sponsored a Student Health services Millennium Health Fair in the UTPA Ballroom April 5th.

According to the Student Health Services informing students on how to care for their health was the main objective in holding the fair.

Various health organizations such as the Texas Organ Sharing Alliance, Mothers Against Drunk Driving, Tropical Texas Center were present to hand out pamphlets and information to students.

"This is a great opportunity for all the organizations here today," said Sara Castillo a representative for Tropical Texas Center. "It gives us a chance to help students learn to care for themselves."

The Rio Grande Valley



—Daniel Garcia Ordaz/ The Pan American

Community Relations director Alma Gutierrez (right) speaks with Maribel Marroquin, R.N. (left) about health concerns Tuesday during the Millennium Health Fair.

Council on Alcohol and Drug Abuse was also present informed students on the three step program to helping an alcohol or drug addicted friend.

"The student health services should make the fair an annual event. It comes in handy to know there are so many places we can go to and get help if we need it."

Nursing program charters honor society

Special to the Pan American

More than 100 nurse leaders from UTPA will be inducted into the charter of Sigma Theta Tau International Honor Society of Nurses April 6 as the UTPA Nursing Honor Society becomes officially chartered.

The induction ceremony is at 7 p.m. in the UTPA Ballroom.

Approval for the chapter was granted at the Sigma Theta Tau International biennial convention in November in San Diego, Calif.

More than 100 nurse leaders will be inducted, and charter members in this group and

officers will be installed.

Membership in Sigma Theta Tau International is by invitation and is extended to undergraduate and graduate students, faculty and professional nurses who have demonstrated superior scholastic, leadership and nursing achievements.

Sigma Theta Tau International has more than 260,000 members in 383 chapters in colleges and universities throughout the United States, Canada, Korea, Taiwan and Australia.

The organization encourages and sponsors research, promotes the development of nursing

leadership, and supports the development of nursing scholars.

Dignitaries scheduled to attend include Dr. Helen Castillo, dean of the College of Health Sciences and Human Services; Dr. Carolina Huerta, nursing department chair; Dr. Barbara Tucker, MSN program coordinator; and Dr. Sandy Sanchez, BSN program coordinator.

Dignitaries invited to attend include Gwen Sherwood, Christelle Bray, local, state and national officials, hospital administrators, chief nurse executives, and UTPA academic administrators.

Strict vegetarians risk blindness

Daniel Garcia Ordaz

The Pan American

The New England Journal of Medicine published a study on March 23, 2000 led by Dan Milea, M.D., describing the risk of blindness caused by adhering to strict vegan diets.

Vegans are vegetarians who eat no meat, fish, eggs, or dairy products. Vegans do not eat any animal products at all, either because of moral beliefs or dietary concerns and sensitivities.

"Vegetarians are at risk for nutritional deficiency if they do not receive vitamin supplementation," wrote Milea.

Vitamin B12 deficiency in vegetarians may cause neurologic disturbances and may be responsible for optic neuropathy (blindness).

A 33-year-old patient studied by Milea had severe bilateral (both eyes) optic neuropathy. He had been a vegan for 20 years and did not take vitamin supplements.

He began the diet to improve his health. He ate no eggs, dairy products, fish, or other sources of animal proteins. He did not smoke or use alcohol, and had no other medical problems.

During the exam, the man had very poor vision (less than 20/400 in both eyes). Normal vision is 20/20. No other reason was found for the blindness, including injury, infection, or swelling. DNA studies found no hereditary reasons for the blindness either. Aside from lack of vitamins no other abnormalities were found during a full physical.

The patient recovered from anemia through vitamin treatment, but did not recover from the blindness.

"After treatment with

intramuscular vitamin B12 (1000 µg daily for one week) and oral multivitamin supplementation, the hemoglobin level was normal and the sensory neuropathy had disappeared, but there was no recovery of vision," Milea said.

Similar problems had been reported in cases of dietary deprivation in prisoners during World War II. More recently, dietary factors were noted in the Cuban epidemic of optic neuropathy. The blindness in the patient studied here was related to deficiencies of vitamins B12 and B1, but other vitamin deficiencies may have had a role.

"Vitamin supplementation is essential in persons who adhere to a strict vegetarian diet, especially because vitamin deficiencies may cause severe, irreversible optic neuropathy," said Milea.

The Muscle Nerve journal published a study in February 1999 which described neuropathy (including possible blindness) in breast-fed infants of vegetarian mothers.

Three Israeli doctors from the Beilinson Medical Center in Tiqva healed a 14-year-old caucasian girl who suffered from severe neurologic disturbances due to vitamin B12 deficiency. The Clinical Pediatrics report (December 1987) said the girl's ailments were due to a strictly vegetarian diet but found it to be a reversible process, if caught in time.

"Physicians should be alert to the necessity for vitamin B12 supplementation for strict vegetarians," said the report.

A New England Journal of Medicine study (November 2, 1995) described in Milea's study found similar blindness risks associated with vitamin deficiency

"Vitamin supplementation is essential in persons who adhere to a strict vegetarian diet because vitamin deficiencies may cause irreversible [blindness]."

— Dan Milea,
Physician

and smoking in Cubans.

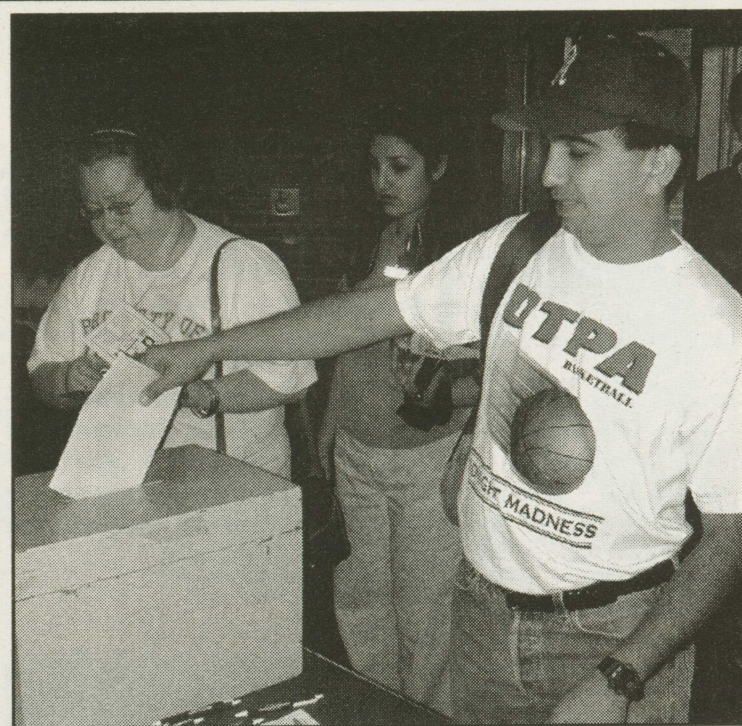
According to the study, "Epidemic Optic Neuropathy in Cuba—Clinical Characterization and Risk Factors," 50,000 Cubans were affected by optic and peripheral neuropathy in a three year period.

A team of scientists administered surveys and took blood samples measuring the nutritional status of patients with blindness. Common features were loss of visual acuity—the 20/20 test—peripheral vision problems, diminished color vision.

The risk was reduced among subjects with higher dietary intakes of methionine, vitamin B12, riboflavin, and niacin and higher serum concentrations of antioxidant carotenoids.

In the study, the number of new cases of blindness also decreased after vitamin supplementation was initiated.

"The epidemic of optic and peripheral neuropathy in Cuba between 1991 and 1993 appears to be linked to reduced nutrient intake caused by the country's deteriorating economic situation and the high prevalence of tobacco use" the study concluded.



—Nelson J. Gonzalez / The Pan American

Junior Berney Saenz casts his ballot for the student elections Wednesday. Elections for Student Government offices are being held throughout Thursday on campus.

Alumni dinner to focus on real world experience

Special to the Pan American

The UTPA Communication Department will host "The Real World of Communications" dinner April 6 at the Tower Club in McAllen.

Alumni of the Communication Department will be returning to campus to share their real world experiences with present communications majors.

The keynote speaker for the event will be Dalia Almanza-Smith. A native of Mercedes, TX and a graduate of Michigan

State University where she majored in Advertising.

Almanza-Smith is an entrepreneur in the advertising industry with her introduction of 'free post cards' as an advertising medium in the United States.

Almanza-Smith was recently profiled in *The New York Times* for her business, Hot Stamps Free Postcards.

The evening will also feature a silent auction with all proceeds benefitting an endowment fund.

Census Bureau urges people to send in questionnaire

Miguel Liscano, Jr.

The Pan American

Four days after the focus date of April 1, the U.S. Census Bureau reports a 44 percent initial response rate for Hidalgo County.

Frank Salinas, census local office manager in McAllen, considers this number good being only that four days have passed, and the target rate is 57 percent. The state is currently at 51 percent, and the national response rate holds at 55 percent.

Salinas stresses there is no deadline on returning the Census forms.

"April 1st is a symbolic day to remind people they must return their questionnaire,"

Salinas said. "If you still have [your questionnaire], send it in."

Phil Campos, census local office manager in Dallas, said people need to consider it is only the fourth day when looking at the results. He said as the mail goes through district centers the numbers will increase.

They both agree that an accurate population count is essential in providing communities adequate funding for things like schools and roads.

This census year, long and short forms were sent to residents with one in every six residents receiving the long form. The short form asks basic questions, but the long form

asks in-depth questions like whether or not people are assisted through Social Security, and how long it takes to get to work.

Salinas said these questions are important to paint an accurate picture of the country and determine where federal funding should be focused. He also maintains that all information is strictly confidential and that when Congress receives the results, they only look at the numbers and not the personal information people fill out.

Jerry Polinard, political science department chair at UTPA, sees an undercount as the biggest problem with the Census.

He said the census tends to

undercount minorities and the uneducated costing residents millions of dollars in federal funding.

"The debate that's going on currently is whether or not, for purposes of federal funding, we can use some statistical sampling techniques that would help avoid that undercount," Polinard said.

Statistical sampling is an estimation of population rather than a traditional direct response.

Polinard said statistical sampling will achieve a more accurate count, but this method is currently under debate for political reasons.

According to Polinard, the Republican party is against statistical sampling because

"April 1st is a symbolic day to remind people they must return their questionnaire. If you still have [your questionnaire], send it in."

— Frank Salinas,
McAllen Census Bureau manager

minorities traditionally vote for Democratic candidates.

He said Republicans fear more minorities will be counted directly benefiting the Democratic party.

Alcoholism screening offered on campus

Daniel Garcia Ordaz
The Pan American

The Alcohol and Drug Abuse Program and the UTPA Peer Educators are sponsoring the National Alcohol Screening Day on campus from 11:30 a.m. to 1 p.m. in front of the University Center today.

"There is a need for alcoholism screening especially here in the Valley," said Nikki Grilliot, UTPA rehab student. "One thing I have found out is that Hidalgo County has one of the highest drunk driving rates in the state of Texas."

Last year approximately 1,200 health facilities and 500 colleges nationwide offered the free program aimed at educating individuals about their drinking habits and risk for alcohol-related problems.

The program includes a written screening test and an opportunity to speak one-on-one with a trained alcohol educator. The test is free and taken anonymously, "so no one should be afraid to go or bring a friend," according to a statement issued by the National Mental Illness Screening Project, Inc., the

non-profit organization behind the program.

Grilliot, who is leading the event at UTPA, said this is the first time the screening has been done on our campus.

"We are going to try to set up the tables and chairs in a way where people will feel as comfortable as possible," said Grilliot.

The confidential screening requests written answers to a questionnaire. The person has to answer some personal items such as: Are you male or female? How old are you? What grade level are you in or have you completed? The rest of the screening focuses on 10-15 questions about personal alcohol use.

"I think it says something about the Valley's problem with alcohol abuse," said Grilliot, referring to the problem of driving under the influence of alcohol.

"Maybe it is because alcohol is so easy to get a hold of with Mexico being only a few miles away. Every year we lose a few teenagers and college students because they went to Mexico and were driving drunk. Even one teenager or college student

“

There is a need for alcoholism screening, especially in the Valley. Hidalgo County has one of the highest drunk driving rates in the state of Texas.

— Nikki Grilliot,
UTPA rehab student

is too much.”

Anyone who feels they may have a problem or anyone who knows someone with a problem is invited to attend the screening. A person can take the test for a friend or family member who they think may have a problem.

The BACCHUS & GAMMS Peer Educators will also be giving out free information, mocktails (non-alcoholic drinks) and candies for people who are interested. Future plans include co-sponsoring an outreach with the University Program Board in observance of Alcohol Awareness Week later this month.

”

Bush searches for running mate

Special to the Pan American

As Gov. George W. Bush continues the search for a running mate, Pennsylvania Gov. Tom Ridge has become a contender.

"I like him a lot," said Bush, who spent Monday night at the governor's mansion in Harrisburg. "I like his judgment. I respect his record, and of course he'll be considered."

Those words had a familiar ring. During campaign trips last week, Bush also had high praise for two other governors frequently mentioned as running mates: Christine Todd Whitman of New Jersey and Tommy Thompson of Wisconsin.

Both of those states, as well as Pennsylvania, are considered prime real estate for both Bush and Democratic challenger Al Gore. Having a favorite son on board could tip the balance for either candidate.

Analysts say Ridge appears well-positioned to help deliver Pennsylvania's 23 Electoral College votes. He's a Catholic who could temper criticism of Bush's controversial speech at

Bob Jones University. He's a decorated veteran whose Vietnam experience contrasts with Bush's stint in the Air National Guard. He's a former 12-year congressman whose Washington wisdom could add a little heft to the ticket.

Ridge, however, is an abortion rights proponent. Bush, who opposes abortion, said that difference of opinion hasn't knocked him out of the vice presidential sweepstakes.

Last week, Bush said he intends to name a screening committee to review the qualifications of potential picks. He said wants the panel to operate in secret, with no news leaks about who is under consideration.

Meanwhile, the speculation is well under way. Possible Republican picks mentioned in the media include Rep. John Kasich of Ohio, retired Gen. Colin Powell, former presidential candidate Elizabeth Dole, Sen. Fred Thompson of Tennessee, Sen. Richard Lugar of Indiana, Gov. George Pataki of New York, Sen. Chuck Hagel of Nebraska and Gov. John Engler of Michigan.

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Forget UNDERWATER Basket Weaving

Stress 911

Daniel Garcia Ordaz
The Pan American

When the midterm is cramming you – instead of you cramming for a test – remember these hints to keep relaxed

Got Stress?

Telemarketers bugging you? Make them hang up on you!

According to a *Men's Health* magazine article (March 2000), one of the biggest causes of stress is telemarketing. UTPA college students are big targets.

Next time someone tries to sell you long distance services, let them know your phone's been disconnected. Buh-bye now!

Credit card people never let up on their offers. Try asking, "Do I have to use my real name?" or "Where'd you get my information, the Census Bureau?!" Another way to get rid of them is requesting their personal statistics: "I'm going to need your mother's maiden name, your salary, social security number, and a notarized note from your first grade teacher in order to ensure you are who you say you are." Okay, bye!

If they're pushing a vacuum cleaner, calmly ask whether it removes blood stains. "Excellent! Can you send your team over right away?" See ya!

Stressing about stressing? Stop it!

Nobody likes a complainer. If you've got a headache, take an aspirin. If you've got chest pain, take an aspirin and call 911. Complaining is out. Crying is in. Women dig it. Men are suckers for it. And if you're sincere, it helps relieve stress! What about fake tears? Sorry, Honey, that's a whole different *Seinfeld* episode!

Stressed out? Get stressed!

Exercise of the mind and body—away from your

norm—helps relieve stress. Try adding new workouts. If you're a swimmer, jog for fun. If you're a math guru, write a children's poem. Bake a cake. Put a puzzle together. Learn a new language. Read an unassigned book. Relax knowing certain diseases—like Alzheimer's—may be avoided via such exercise.

Can't sleep? Get some rest!

Sleep is necessary for building muscle and relieving stress. A tepid bath or a warm glass of milk might help. However, eat and drink (especially caffeine) earlier at night, so digestion—or indigestion—doesn't keep you up. Relax with stretching or massage techniques and prayer. Studies confirm soft kissing is a very relaxing exercise. If all else fails, pick up that mandatory reading! Zzzz.

Feel stuffed? Just breathe!

Good, clean oxygen is good health. Replace A/C filters. Open a window—unless you live by a sewer plant or a school with fungus. Vacuum your carpets, wash your curtains and dust the ceiling. Mites and dust cause illness and worsen breathing problems and insomnia.

Feeling dirty? Clean out the ol' closet!

Clean out the sink—roaches need water to survive. Those three cases of chocolates your band was selling in junior high still in the closet? Throw them out! Instead of cleaning one room at a time, clean where you are. A dirty body just stinks. So does a dirty room. No sense stressing about that!

Challenge yourself in college without going over the deep end with stress

Managing

Melissa Soto
The Pan American

Organization over

Distress, or "harmful stress," results in high blood pressure, ulcers and even heart disease. However, Mary Herrera, UTPA counselor, said students exhibiting depression and anxiety can overcome the symptoms of "bad stress" with time management and organization.

"Stress is bad when it starts to affect you in what you're doing, when it starts affecting your health, or when you're not able to be productive," Mary Herrera, UTPA counselor said. "Then you know you have a problem."

Helpful stress keeps students focused, motivated and on task. Stress also provides needed adrenaline and abundant energy to accomplish goals. It is the harmful stress associated with the daily demands of school, work and family which causes students to want to "pull their hair out."

"[I'm stressed with] bills, school work and my job," said Jesus Beltran, UTPA student and free lance reporter. "I can't seem to get everything organized to where I can get everything done. I have to stop everything and concentrate on one thing."

Distress maintains a strong hold on the mind. Students sometimes experience stress when they least expect it.

"Nightmares keep me up

at night, I wake up a sweat or in pain," Beltran said. Everyone handles stress differently. What some students find stressful others find a small obstacle.

"I thought [UTPA high school]," said Janice Hernandez, UTPA student and SGA graduate.

Hernandez plans to transfer over semester, and thought over school, he does

"I'm worried about transcripts; I'm worried about all there and how much to transfer over," Hernandez said. He then you go on to mention because I was looking at University and that's worried about getting financial aid."

During mid-term seeking help with the with stress and test

"The thing is that everywhere," Hernandez said. "Things that we know we wish we had less we wish we knew how"

Identifying the source of learning to control it reducing anxiety. On cause of their stress, manage their time to need to do.

"Often students v enough time," Hernandez

When work and school

Daniel Garcia Ordaz
The Pan American

In order to avoid stress, students are encouraged to set reasonable personal expectations and goals, especially in choosing their daily schedules.

"I schedule my classes for the morning that way I don't have to worry about classes in the afternoon," said Dandy Pilon, a sophomore at UTPA.

Can managing stress

Daniel Garcia Ordaz
The Pan American

Stress management is an appealing concept and makes sense for a person's overall health.

While stress reduction is not specifically recommended for the prevention of cardiovascular disease, unhealthy responses to stress may lead to other risk behaviors like

Enedelia Kidd, Service at UTPA said organized, as far as semester begins in the school year.

"Before the semester times—when a student work—to look for "They can work out employers and that semester out better

smoking and over-

According to the Association, stress that results from a chemical, emotional

All people feel different amounts of ways. Scientific evidence between the risk of environmental and

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ce students know the
they should learn to
accomodate all they

will say, 'I don't have
era said. "And

sometimes they do, but they may be
wasting that time. It's about making a
weekly schedule, using time wisely and
finding a balance."

In addition to time management,
students should get organized, set
priorities and find time to properly prepare
for tests and important assignments to
prevents unnecessary tension.

"Get help ahead of time. Don't wait
until the last minute," Herrera said. "Go
for tutoring. I tell students not to wait until
the night before to prepare for your test,
because that's what's going to set up that
test anxiety."

Lack of sleep and bad sleeping habits
diminishes alertness, hindering students'
abilities to function and concentrate on the
tasks on hand.

"If you stay up late cramming for your
exam, you don't get the rest that you need.
So when you get into the room to take the
test, you're going to be tired; you're going
to be exhausted," Herrera said.

Practicing relaxation techniques like
doing simple breathing exercises, taking
deep breaths and maintaining a positive
attitude help control erratic responses from
stress.

"I tell the students to do a little
relaxation, and simple breathing exercises
before starting to take a test. Just to make
sure that you get some oxygen to your
brain to calm yourself," Herrera said.
"You need to tell yourself I'm prepared, I
studied, I'm going to do the best that I
can, because that negative self-talk
automatically sets you up for failure."

chool-related stress eats at you

Director of Career Placement
id students should get
employment, before the
order to reduce stress during

ester begins is one of best
dent knows he will have to
a part-time job," Kidd said.
t a schedule with their
will help them plan the

If students must work, they should avoid
getting a job in the middle of a semester, Kidd
said. Otherwise they will have time conflicts
with classes as they try to "juggle" both.

"Going to class stresses me out," said
Fernando Martinez, UTPA freshman. "There's
also an ugly chick that sits behind me in
computer class. That stresses me out."

According to the Centers for Disease
Control, students should develop a variety of
interests, activities, and relationships in order to

avoid stress. Balancing work with
recreation also helps.

"I like to exercise and write to
relieve stress," said Pilon. "I also
like to eat. Food makes me happy!"

When deadlines inadvertently cross paths,
the stress level goes up. For students like Pilon,
who is involved in extra-curricular activities
while maintaining a full-time class schedule,
exams and work have a way of piling up all at
once, she said.

reduce or help to prevent heart disease?

eating.
e American Heart
is defined as the condition
person's response to physical,
al or environmental factors.
stress, but they feel it in
and react to it in different
vidence points to a relationship
cardiovascular disease and
psychosocial factors—such

as job strain, social isolation and personality
traits.

Stress is neither a risk which can be
changed, like a lack of exercise nor
is it hereditary, such as diabetes.
However, these factors contribute to
heart attacks and coronary artery
disease. (Coronary arteries supply
the heart muscle with oxygen.)
Acute and long-term stress may

encourage other unhealthy risk factors such as
high blood pressure and cholesterol levels,
smoking and physical inactivity.

Counselors schedule anxiety screening

Melissa Soto
The Pan American

The UTPA Counseling and
Advisement Center will
conduct its 2nd annual
anxiety screening on Thursday, April
13th to aid students with mid-term
stress.

"[Students] know they're not
passing," said Mary Herrera, a UTPA
counselor. "And at this point they start
dropping classes. It's common because
the stress has gotten to them."

Students will be required to fill out
a short questionnaire which counselors
will use to determine any present
stress in the students' lives.

"As we talk to them, a lot of times,
they can (open up and) tell us, 'well
this is what's going on,'" Herrera said.
"And if they do need some help, if
there are some problems, we can set
them up for an appointment. They can
come in, and we can work with them."

Students will have the opportunity
to watch a video on anxiety and talk to
the counselors. An information table
will be set up on the first floor of the
Student Services Building.

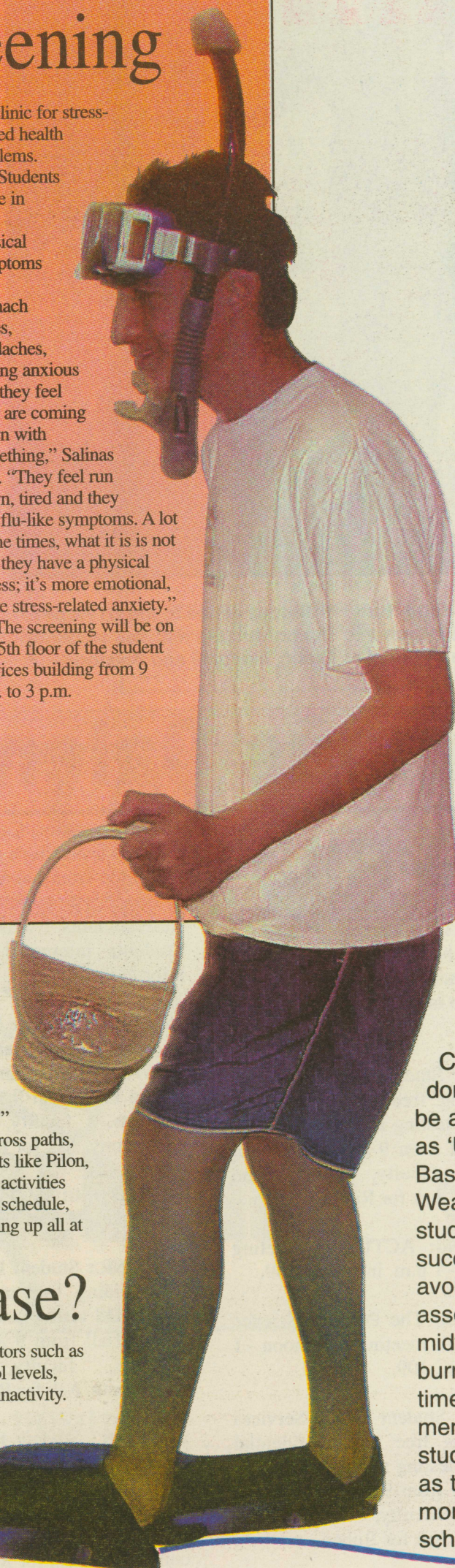
"Just the fact that they've at least
got the information, and they can read
it and find out a little bit about it
helps," Herrera said.

Olga Salinas, Student Health
Services interim director, said during
the mid-term students begin to go to

the clinic for stress-
related health
problems.

"Students
come in
with
physical
symptoms
like
stomach
aches,
headaches,
feeling anxious
and they feel
they are coming
down with
something," Salinas
said. "They feel run
down, tired and they
feel flu-like symptoms. A lot
of the times, what it is is not
that they have a physical
illness; it's more emotional,
more stress-related anxiety."

The screening will be on
the 5th floor of the student
services building from 9
a.m. to 3 p.m.



Classes
don't have to
be as simple
as 'Underwater
Basket
Weaving' for
students to
successfully
avoid stress
associated with
midterm
burnout. Proper
time manage-
ment can keep
students afloat
as they attempt
more difficult
schedules.

The play's the thing



—Special to The Pan American

Raul Galvan and Nurit Hernandez dance in the UTPA production of *La Gran Via*. The production features students from the Department of Music, Mariachi and Folkloric Dance Company.

Special to the Pan American

The UTPA Department of Music, Mariachi, and folkloric Dance Company will present three performances, April 7-9, of one of the most famous Spanish musical revues, *La Gran Via* by Federico Chueca and Joaquin Valverde. The work premiere in Madrid in 1886 and ran for four seasons before moving throughout Spain and Europe and even to New York, London and Paris.

La Gran Via is a zarzuela (Spanish operetta) which tells the story of the building of Madrid's grand boulevard. The municipal project was announced in 1886 and quickly became fodder for this political allegory.

Its characters are the streets and neighborhood of Madrid that face destruction to make way for the new *Gran Via*. Guiding the audience through these streets are the Stroller, played by Stephen Martinez and el Caballero, played by Gabriel Sanchez.

Along the way, the two learn of the plight of the area, meet some of its residents, and watch performances of regional dances.

To produce *La Gran Via*, students



—Special to The Pan American

Linda Fuentes (right) and Esperanza Medina (left) perform the UTPA production of *La Gran Via*, a Spanish zarzuela by Federico Chueca and Joaquin Valverde.

and faculty of the Music Department, the Folkloric Dance Company, and the University Theatre joined forces. Performing with Sanchez and Martinez in solo roles are Linda Fuentes as Dona Virtudes, Esperanza Medina as El Comadron, Celeste Garza as La Fuente, and Arianna Cervesa as Elisea Madrilena.

La Gran Via is directing by Ruth Crews and Dr. Richard Davis. Choreographer is Francisco Munoz III. Arranger and conductor is Chris Gassler. Technical director is Tom Grabowski.

La Gran Via

What: *La Gran Via*, a Spanish operetta

When: April 7 and 8 at 7 p.m. and April 9 at 2 p.m.

Where: UTPA Fine Arts Auditorium

Cost: Advance tickets, \$5, Box Office, \$7 Student Tickets, \$3 with ID

Where to get tickets: Hermes Music, McAllen; the Rio Grande Valley Chamber of Commerce, Weslaco; The Office of Payments and Collections in the Student Services Building room 115 at UTPA

Information: Contact the UTPA Music Department at 381-2230

Campus Calendar

APRIL

6 ACTIVITY: Career Placement Services is hosting a Teacher Job Fair with representatives school districts from 2 p.m. - 7 p.m. in the Fieldhouse.

11 CLINIC: Student Health Services is providing free and confidential HIV/AIDS testing and counseling in Emilia Hall from 9 a.m. - noon for students, faculty, staff and community. Ask for Ruben.

11 MEETING: ACTUE is meeting from noon - 1 p.m. in COAS 349.

11 MEETING: The Political Science Association is meeting from noon - 1 p.m. in SBSC 109.

12 CLINIC: Student Health Services is providing free and confidential HIV/AIDS testing and counseling in Emilia Hall from 9 a.m. - noon for students, faculty, staff and community. Ask for Ruben.

13 WORKSHOP: Career Placement Services is hosting a job interviewing workshop from noon - 1 p.m. in the Student Services Building room 153. Refreshments will be served. Students interested must register prior to the event.

18 CLINIC: Student Health Services is providing free and confidential HIV/AIDS testing and counseling in Emilia Hall from 9 a.m. - noon for students, faculty, staff and community. Ask for Ruben.

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Comics & Crossword

THE K CHRONICLES presents the **XY-Zs** of TOURING WITH THE MARGINAL PROPHETS

M IS FOR MOTEL...
THERE BETTER BE ONLY TWO PEOPLE IN THIS ROOM OR I'LL KILL YOU ALL!!

N-O IS FOR NO VEGETARIAN RESTAURANT IN THE STATE OF TEXAS...
EAT ME!!

P IS FOR PAIN...
Bad's arm
Choc's knee
My Phigine

Q IS FOR QUITTING...
YOU GUYS ARE IDIOTS!! I'M LEAVING!!

R IS FOR ROADKILL...
ON VIDEO!!

S-T IS FOR STATE TROOPER...
Is that marijuana I smell young man?

U IS FOR UNDERAGED GIRLS...
Y'all from San Francisco?
Are y'all gay?

V IS FOR VIDEO CAMERA...
GET THAT THING OUTTA HERE!!

W IS FOR WAH-WAH...
shrinkage...

X IS FOR EXHAUSTION...
TO GET THERE, GET HERE

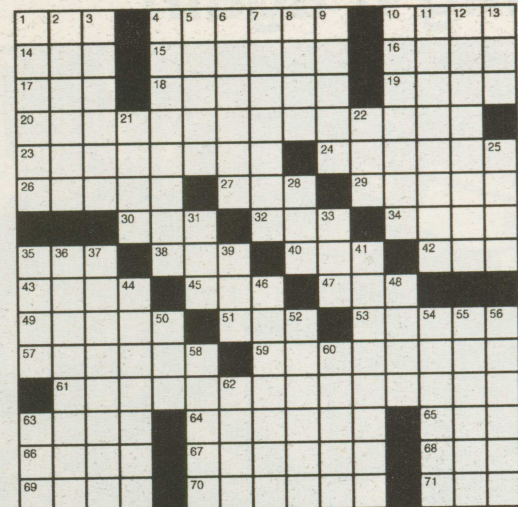
Y IS FOR YAWN...
shrinkage...

Z IS FOR ZZZZZ...
FINALLY SLEEPING IN YOUR OWN BED.

keeflix@hotmail.com

Crossword

- ACROSS
- 1 Network of "Frontline"
 - 4 Brown shade
 - 10 Inca land
 - 14 Raw mineral
 - 15 Imaginary
 - 16 Former mates
 - 17 End hunger
 - 18 Woman's shirt
 - 19 ___ of passage
 - 20 Browsed, as pages
 - 23 International merchant
 - 24 Buyers
 - 26 Hindu grouping
 - 27 Boar's mate
 - 29 Taylor of "The Nanny"
 - 30 One of those girls
 - 32 Collar
 - 34 Give the once-over
 - 35 Retirement grp.
 - 38 Some: Fr.
 - 40 Bitingly cold
 - 42 Gridiron meas.
 - 43 Holbrook and Linden
 - 45 Actor Kilmer
 - 47 Guy's date
 - 49 Gladden
 - 51 Horse's morsel
 - 53 Droopy
 - 57 Lady of Spain
 - 59 Commem. bread
 - 61 Diner employee
 - 63 Men only
 - 64 Heroin, e.g.
 - 65 Biblical boat
 - 66 Washed-out
 - 67 ___ telepathy
 - 68 Deadlock
 - 69 Chopping tools
 - 70 Derisive looks
 - 71 Depressed



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Solutions

Q	V	S	S	H	E	E	N	S	S	E	X	V
E	I	L	T	V	I	N	E	W	E	T	V	d
X	H	V	E	L	V	I	D	O	G	V	I	S
X	O	O	B	E	D	H	O	I	H	O	H	S
V	T	I	L	H	O	L	V	H	O	N	E	S
A	G	G	V	S	I	V	O	E	L	V	E	S
T	V	G	T	V	A	S	T	V	H			
S	D	A	M	V	H	S	E	D	V	S	S	
N	V	C	S	B	V	N	H	E	H			
E	E	N	E	H	M	O	S	E	I	S	V	O
S	H	E	X	V	L	H	E	L	H	O	D	W
H	G	N	O	R	H	I	D	E	B	W	N	H
E	L	I	H	E	S	N	O	T	B	L	V	E
S	E	X	E	L	V	E	B	R	N	N	E	R
P	E	R										
V	A	N	N	E	S							

- DOWN
- 1 Like rhymes and verses
 - 2 Cohort of Vishnu and Siva
 - 3 Events with fixed outcomes
 - 4 Group within a group of animals
 - 5 Cove
 - 6 Wears away
 - 7 Proton partner
 - 8 "The Face is Familiar" poet
 - 9 Wide awake
 - 10 17th-century wigs
 - 11 Crisis
 - 12 String again
 - 13 Take advantage of
 - 21 Closet eater?
 - 22 Paddle
 - 25 City where Camus died
 - 28 Military science
 - 31 Car gear: abbr.
 - 33 Purse
 - 35 Females
 - 36 Merchandise levy
 - 37 "Gilligan's Island" co-star
 - 39 ___ Paulo, Brazil
 - 41 Profligates
 - 44 Shemp, Curly et al.
 - 46 W.C. on a base?
 - 48 Secular
 - 50 Mess up
 - 52 Until now
 - 54 Acts the bad winner
 - 55 Laura Branigan hit
 - 56 Babbled
 - 58 Molecule components
 - 60 Make road repairs
 - 62 ___ for business
 - 63 Hot tub

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Sing it again



—Nelson J. Gonzalez/The Pan American

Members of the Dairy Queen Astros, part of the Edinburg Pony Baseball Association (Pinto Division), sing a song during the Broncs baseball game, this past weekend.

Quick Hits

Golf places 12 in final meet

The UTPA Broncs men's golf squad closed out their spring season with a 12th place finish in the University of Arkansas-Little Rock Intercollegiate Tuesday at the Chanal Country Club.

The Broncs were led by Steven Slaughter and Santiago DeLarrea who both finished in a tie for 38th place overall. Slaughter who shot an opening round 71, on his way to a final total of 236. DeLarrea also finished with 236 strokes after a 74 in the first round and a pair of 81's in the second and third rounds. Miguel de los Santos finished the tournament with a final total of 246, placing him in a tie for 64th overall. Ramiro Garcia and Juan Elizondo compiled totals of 250 and 252 for 70th and 73rd overall, respectively.

Arkansas-Little Rock finished 11 strokes ahead of second place Stephen F. Austin to win their home event. Lance Dunaway of Stephen F. Austin took home medallist honors after shooting 75, 70, and 71 for a three round total of 216. Dunaway finished first at the UTPA Golf Classic this fall at Tierra Santa Golf Club in Weslaco.

Tennis falls to UT-Arlington

The 75th ranked University of Texas-Arlington Mavericks defeated the University of Texas-Pan American 7-0 in men's tennis action Monday morning at the UTA Center.

The Broncs (6-4) gave the Mavericks a strong battle in several of the singles matches and both doubles tilts, but the Mavericks were able to hold on in all but one match. Enrique Bastante won the first set at number two, but fell in three sets to Tomaaz Zarzeozny, 2-6, 6-1, 6-0. Juan Saiz gave Alon Goldshuv all he could handle at number five, but fell 6-2, 6-4.

The lone Bronc win came at number two doubles where Juan Saiz and Raul Cortina defeated Mark Illgner and Navnoor Kang, 8-6.

Bastante and Unai Uranga also played well, but fell to Zarzeozny and Goldshuv at number one doubles, 8-3.

"I thought we played very well in the second sets of the singles matches," said UTPA Head Coach Scott Howard. "We started out slow in most of the first sets, but our guys didn't give up, they kept fighting and that's credit to them. Enrique also played well, taking a set a number two. We played well despite having injuries to Jorge (Cuesta) and Cesar (Vargas). Jorge had to default in both singles and doubles and Cesar had to default in doubles as well."

The Broncs will return to Edinburg for their first home match of the season when they host Centenary College at 1 p.m. on Saturday afternoon at the Orville Cox Tennis Stadium on the UTPA Campus.

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Sat. at 7 p.m.
& Sun. at 1 p.m.

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Senior
Kristine Getchell

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Broncs try to end losing skid with home matches

Pro News

MLB

The Mariners had a new look, but the same old results.

Safeco Field, which opened last July, saw its first season opener Tuesday night when the Mariners entertained Boston. Seattle's revamped, Griffey-less lineup was no match for Pedro Martinez and Derek Lowe, who combined for a two-hitter as the Red Sox won 2-0.

Baseball's average ticket price went up 11.8 percent—the highest markup in a decade—to \$16.67 this year. But that's nothing compared with the increases in Detroit, San Francisco and Houston.

Houston's Enron Field average is \$20.01, No. 8 among the 30 major league teams. That's up 50.4 percent from last year's average of \$13.30 at the Astrodome.

NFL

The NFL announced that 552 players are free agents and free to negotiate with all 31 clubs.

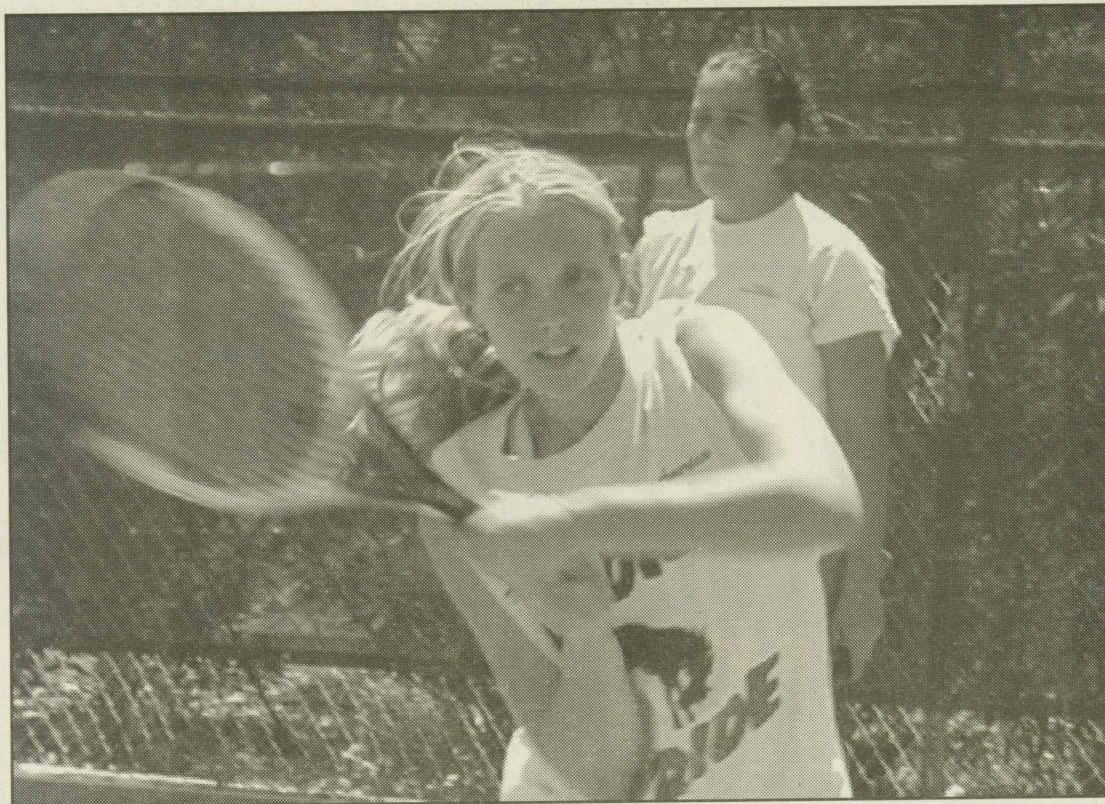
The free agents include nine players who this year have been designated by their clubs as "franchise" players and one who has been named a "transition" player.

Franchise and transition players are special categories for restricted and unrestricted free agents. The deadline for making these designations for 2000 was Feb. 10.

In 1999, six players were designated as franchise players and three as transition players.

NBA

Robert Horry sparked the Lake Show's supporting cast with the go-ahead bucket as an 84-83 win over the Suns on Tuesday gave the Lakers their third 10-game win streak this season.



—Daniel Garcia Ordaz/The Pan American

Kristine Getchell and the Bronc tennis teams will take on Centenary on Saturday.

Vargas/Enrique Bastante were victorious.

In their previous match with the Gents, the Broncs won 4-3.

"They played us tough last time. We'll have our hands full," Howard said.

The last time the Broncs faced the Roadrunners, they lost 0-6, and will head into this match with revenge on their minds.

"It should be a close match," Howard said. "There is somewhat of a revenge factor there. We're playing our best tennis of the year and we're really excited."

The match with UTSA also marks the return of former Bronc Frederick Darmont. The Belgium native transferred to UTSA last season after just one year at UTPA.

Michigan State savors championship title

Special to The Pan American

Their celebration began kind of like the way their season ended—as a team.

No one really remembers how it started. It just did. Back at their hotel, before the players went their separate ways with their families, every member of Michigan State's just-blessed national championship team strolled from room to room, picking up one player and then another, until they were all together for one last team meeting.

"Like always, we hung out together," senior guard Mateen Cleaves said Tuesday as he reflected on the hours after the Spartans' 89-76 victory over Florida.

"We talked about all the sprints, all the weights, all the extra work. We teased the younger guys. We just hung out. We stayed up all night and we each branched off. It was a special night."

The celebration didn't end until 5 a.m. Tuesday. That's what senior A.J. Granger remembers. At least, that's the time he tried to go to bed, hours after he scored 19 points in the title game in Indianapolis.

Mateen kept saying, "We're national champs! We're national champs!" Granger said.

Then, looking over at Cleaves and fellow senior Morris Peterson, Granger said with a smile: "It's kind of getting annoying."

He didn't need to, but Cleaves explained himself through the laughter. "You have to enjoy it," he said. "He's going to hear that for years to come. I keep telling these guys, 'Hey, we're national champions, and they can't take it from us. There's only one name that goes on that trophy and that's Michigan State.'"

"I'm going to call him up 20 years from now and say, 'Hey, we're national champs!' 'Yeah,' Granger said, "when I'm bald, and he's fat."

That's how it was for the players. But in another hotel room Tuesday morning, sometime after he took a congratulatory call from President Clinton, coach Tom Izzo spent the evening with his family and friends, including San Francisco 49ers coach Steve Mariucci.

Mariucci had to leave for the airport around 6 a.m., so Izzo just decided to skip sleep and stay up, trying to make the moment last as long as possible.

"It was like college exams, pulled an all-nighter," said Izzo, his voice hoarse. "I can't tell you the emotional feeling from the last minute of that game to today. I can't tell you what it's been like."

For the players and coaches, Tuesday was a day to savor and remember.

When their flight from Indianapolis landed at about 3:30 p.m. at Capital City Airport in Lansing, more than 1,000 fans turned out in the freezing cold to welcome them with signs and cheers and smiles.

But during the flight back, Izzo said, the mood was more subdued than joyful. Tired players. Tired coaches. Izzo said he and his staff sat in coach. He wanted the players to have all the first-class seats.

Relieved that X-rays revealed that Cleaves' ankle isn't broken, and he told Izzo that it's feeling better than before.

"We want to keep this train rolling and help this university out in all sports," Cleaves said. Peterson said: "We brought back some of the glory back to Michigan State."



—Matt Kryger/KRT

Michigan State coach Tom Izzo, along with his team, hoists the NCAA men's basketball championship trophy after the Spartans beat Florida 89-76, Monday, at the RCA Dome in Indianapolis, Ind.

Stars & Stats

Baseball

During their recent fourteen game stretch, the Broncos swept Texas A&M-Corpus Christi, Western Illinois, Texas Tech and Incarnate Word. Their only loss came against the #4 Longhorns, in Austin, 12-4.

Senior Leo Salinas and junior Jesse Gutierrez lead the Bronc offense. Gutierrez leads the Broncos in almost every offensive category including a .389 avg., 10 doubles, 10 home runs, 32 RBI and an .811 slugging percentage.

Salinas boasts a .365 average, 29 RBI, and a team leading 46 hits.

Women's Golf

Jamie McInturff finished 19 overall, leading UTPA to a sixth place finish in the Oral Roberts University Invitational. McInturff shot a final round 81 to finish with a two-round total of 167.

Men's Golf

Stephen Slaughter fired a final round 77 to lead UTPA to an 18 place finish at the Border Olympics.

Although the Broncos lost all of their singles matches against the University of Arkansas-Little Rock, ranked 40 in the nation, they won the only two doubles matches completed.

Men's Tennis

Jorge Cuesta and Unai Uranga won at number one, 8-4. Enrique Bastante and Cesar Vargas picked up the other doubles win, 8-3.

Track & Field

Gonzalo Gonzalez will head to Austin to represent UTPA at the Texas Relays in Austin.

Gonzalez has won the last three shot put competitions he has competed in and broke his own school record in the indoor shot put at the Cannon IV Classic with a toss of 50-11.



Left: Members of the Broncos baseball team look on from the dugout.

Below: Levi Frary takes a look at the batter before making his pitch. Frary pitched two innings and didn't allow any runs.

The Broncos narrowly lost to the UTSA Roadrunners.

-Nelson J. Gonzalez/The Pan American

Roadrunners edge Broncos

■ Stace Pape pitches UT-San Antonio Past UTPA, 4-3

Eladio Jaimez

The Pan American

San Antonio native Stace Pape didn't allow a hit until the fifth inning as he paced the UTSA Roadrunners past the UTPA Broncos 4-3 Tuesday night.

Pape improved his record to 3-5 as he worked six and two third innings allowing three earned runs on four hits. Freshman Jon Elia completed the game pitching nearly two and a thirds perfect innings. He gave up only one walk and struckout three Broncos. Elia earned his first save of the season.

"Their pitchers threw pretty good," Bronc head coach Reggie Tredaway said. "You have to give their pitchers credit. They threw us hard, so our hats off to them."

The Broncos countered with Jason Thompson on the hill.

Thompson dropped to 3-5 and fanned seven Roadrunners as he pitched one of his longest games this season. Thompson pitched seven innings and gave up four runs, two earned, on five hits. Levi Frary pitched two innings and allowed only one hit and one strike out.

"I think we both threw a great game, and hats off to Stace who threw a great game," Thompson said. "It's just one of those nights it wasn't meant to be. A couple of pitches, a couple of plays go a different way and we got the

win."

The Roadrunners quickly got on the board in the first inning.

First baseman Mike Putnicki flied out to right field and second baseman Brett Parrish scored from third on the sacrifice. Center fielder Hunter Wenzel scored from third on a fielders choice by designated hitter Link LeGrand as the Roadrunners took a 2-0 lead.

The Broncos scored one run in the bottom of the inning after loading the bases twice.

Pape issued a base on balls to designated hitter Caleb Schmidt that scored short stop Dusty Hart from third. The Broncos stranded all three runners in the inning.

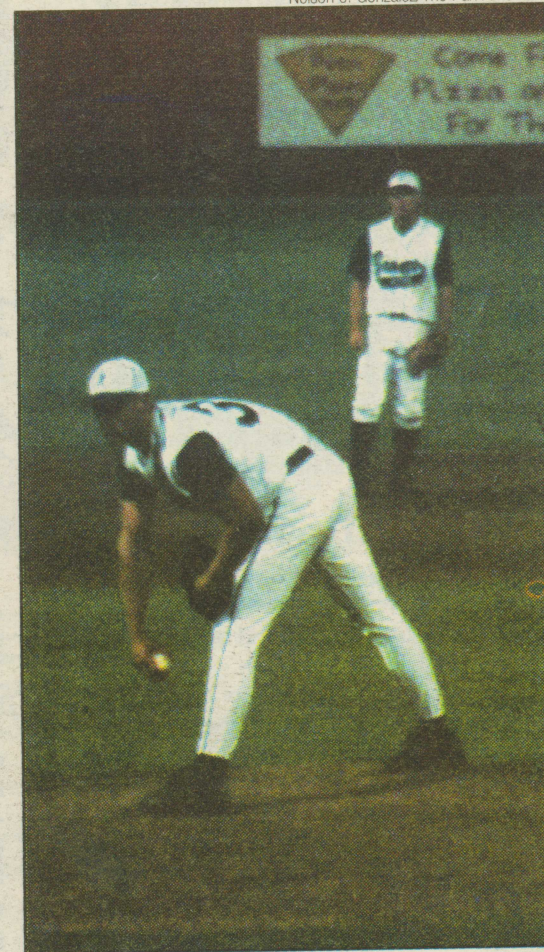
The Broncos next three at bats went three up and three down.

"We hit too many fly balls," Tredaway said. "We five or six balls on the line pretty hard that were caught. We have to keep the balls out of the air, that's not where the game is."

The Roadrunners added two runs in the seventh off a two-run homerun by left fielder Ryan Smith.

The Broncos closed the gap 4-3 in the bottom of the seventh after Hart grounded out to short stop and drove in third baseman Andy Ness in the process. Bartosh doubled off the center field fence which scored right fielder Andy Wallace from second.

The Broncos loaded the bases once again, but



failed to score as all three runners were stranded again.

The Broncos face the Texas A&M-Corpus Christi Islanders in a three game series beginning Friday at 7:00 p.m.

Baseball is Deion Sanders' biggest challenge

Special to The Pan American

The man who calls himself Prime Time is simply Part Time this spring, busting his flashy behind in relative anonymity. Fame affords him no freebies

His accomplishments with Troy, Emmitt and Michael are simply stories to tell at lunch.

At 32, Deion Sanders finally can embrace the concept of humble. Trying to prove he is a legitimate professional baseball player, Sanders signed a free-agent contract with the Cincinnati Reds on Jan. 20. On a gimpy right ankle, he is attempting to play baseball again for the first time since 1997.

Prime Time stayed home in Dallas. The only

visible trace of his flashy appeal is a large, gold cross that dangles around his neck, more reflective of his strong religious convictions than the Neon Deion personality.

"Baseball is a challenge, man," he said. "Baseball doesn't come that easy to me. It's always been a challenge." Every man has a chapter in his life that's unclosed. And when you think back in the quiet moments of your life, you say, "Man, I wish I could have done that. This is the one for me, and I'm going to close that chapter."

The respect for Sanders filters through the clubhouse, where Sanders is viewed as a viable member of this team, and not a freakish sideshow that defined Michael Jordan's spring fling with the

Chicago White Sox a few years ago.

"The only thing that would surprise me about Deion is he decided to do something that he was not successful at," Reds captain Barry Larkin said. I told him, "Man, you need a little controversy."

Looking for a landing spot

This is where Sanders lets the Prime Time ego tap him on the shoulder. He is motivated by the chance to prove his critics wrong, although the smack-back approach carries a softer touch these days.

"The last time I was playing baseball I was living through hell," Sanders said. "Now having peace in my life, I can go on and excel so much more than I did the last time I was here."